

INTERNATIONAL TRAINING COURSE

5-13 March 2025, Sobrado (Galicia-Spain)

GREEN HORIZONS

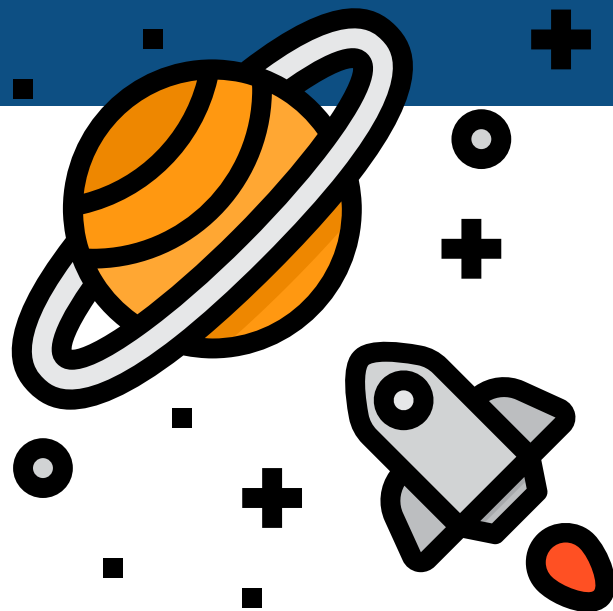
**EMPOWERING
YOUTH WORKERS FOR A
SUSTAINABLE FUTURE**

Infopack



ABOUT THE PROJECT

The training course “Green Horizons” aims to bring together 28 youth workers from different European countries in the rural region of Galicia. During these days, we will create a non-formal education space where they can learn, exchange and develop innovative tools and methodologies to promote sustainability among young people.



Through a pedagogical approach based on experiential learning, group facilitation and socio-affective methodology, the training course will offer a unique opportunity to explore regenerative and sustainable solutions that address the climate crisis and rural depopulation, two crucial challenges for the present and future of rural areas in Europe.

Activities will include dynamics and workshops that combine theory with practice, designed to foster international networking, intercultural collaboration and personal development. In addition, key elements such as outdoor education and the use of local natural resources as living learning classrooms will be incorporated, creating a direct connection between participants and the Galician natural environment.

Participants will also have the opportunity to reflect and share experiences on how to implement sustainability projects in their respective local contexts. The training will not only be focus on knowledge acquisition, but also on the development of practical skills, so that participants can apply what they have learned in their communities and in their work with young people.

Participants will not only be better prepared to face current environmental and social challenges, but will also be part of an international youth network that will promote sustainability and rural development in the long term.

OUR PARTNERS



Greece



Serbia



Italy



Portugal



Slovakia



Estonia



Slovenia

"Green Horizons: Empowering Youth Workers for a Sustainable Future" is an international Training Course organized by **Ticket2Europe**, with the support of the Erasmus+ programme. The main activity project will take place in Sobrado **(Galicia-Spain)** during the period of 5-13 March 2025. Hereafter you will get to know the specific objectives of the project.

OBJECTIVES



- Create a European network of youth workers on sustainability;
- Offer concrete tools to work on sustainability and diversity in the youth field;
- Develop and/or improve skills and capacities for cooperation, inclusion and tolerance of the participants;
- Promote a safe space for non-formal learning;
- Promote rural life as a means for sustainability, sustainable tourism and green entrepreneurship;
- Address systemic global crises such as climate change and biodiversity loss and delve into regenerative responses;
- Take advantage of the multifunctional resources of the rural, cultural and natural heritage of the area as sources of transversal learning;
- Disseminate good practices of youth work in rural areas;
- Promote the Erasmus+ programme for a more lively and attractive countryside for youth.

PARTICIPANTS PROFILE

The project will include 28 youth workers or youth leaders from 8 countries (**Greece, Serbia, Italy, Portugal, Slovakia, Estonia, Slovenia & Spain**) over 18 years old.



ABOUT PARTICIPANTS

We are looking for **participants who are familiar with sustainability and green entrepreneurship** who are **deeply** interested in **triggering a change in themselves and their communities.**

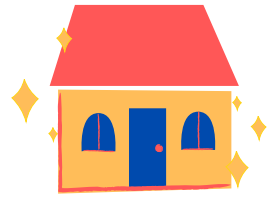
Motivation and willingness to implement future activities/events with the sending organization will be one of the key factors for selection.

Participants are expected to communicate themselves in English and be willing and committed to actively participate in all the activities of the program and in the daily tasks, in an **active, cooperative and respectful way.**

Besides, participants should commit to keep to the deadlines, carry out the preparatory tasks asked for by the organizers and be willing to follow-up on the training course, ideally in co-operation with their sending organisation.

NUMBER OF PARTICIPANTS PER COUNTRY:

- SPAIN: 5+2
- GREECE: 3
- SERBIA: 3
- ITALY: 3
- PORTUGAL: 3
- SLOVAKIA: 3
- ESTONIA: 3
- SLOVENIA: 3



THE VENUE

"Green Horizons" will be implemented in Sobrado, a small town 45 minutes from Santiago de Compostela (Galicia), in northwestern Spain. Galicia's landscape is mostly dominated by forest and mountains and it is well-known among national and international visitors by its seafood, nature and coastline sites.

Abeiro da Loba is a very cozy accommodation, located in the heart of the North Galician Way, the history of the house goes back more than 250 years. Once built on land dedicated to farming, today it is surrounded by a forest of chestnut and oak trees.

After many years of abandonment, the owners decided to recover it and give it a new life, preserving its original structure and combining the traditional with the modern. The house has been rehabilitated maintaining the original walls and the new structure has been incorporated using wood in the interior and façade.



HOW TO GET HERE



The cheapest and more convenient way of travelling to Santiago is by train or plane. However, Rosalía de Castro airport (SCQ) is quite small, so you might struggle to find good deals for direct international flights. The best thing will be to travel from your country to Madrid or Barcelona, and then catch a national flight to Santiago de Compostela.

Flights between Santiago and Madrid/Barcelona are operated mostly by Ryanair, Vueling and Iberia and the price for a return tickets goes usually from 50 to 80 euros.

From Santiago de Compostela, you will have to take a bus to Arzúa. The bus company Monbus runs this route from Stgo bus station and Stgo airport, from 7:00 am to 8:00 pm (Every 2 hours aprox.).

We will arrange pick-ups in Arzúa, according to your arrival time, so it is very important that participants and/or project coordinators send us all travel confirmations to ana.delvalle@ticket2europe.eu by the established deadline, so we can prepare everything well in advance.

PARTICIPANT SHOULD BE IN THE VENUE



Arrival: Participants are expected to arrive no later than 8:00 pm on 5th of March and depart no earlier than 00.00 on 13th of March.

DO YOU NEED HELP?

We know that travelling to and around Galicia is not the easiest thing, so if you have any doubt or you are not very sure of which itinerary you should take, please contact us on our email, Facebook page or phone number, we will be glad to assist you! (Check last page for contact information).

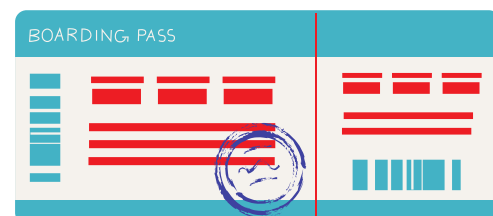
TICKETS AND REIMBURSEMENT



During the project week, accommodation, food and all other project-related expenses will be covered by the Erasmus+ programme. When buying tickets, bear in mind that there is a fixed maximum amount reimbursable for your individual trip costs. The sum, set by the European distance calculator, covers the travel costs from your home city to the venue and back. Travel costs exceeding the maximum reimbursable amount will not be covered.

ABOUT REIMBURSEMENT

Reimbursement of travel costs will be made via bank transfer to the sending organization upon presentation of all original tickets (including return tickets), receipts, invoices and/or boarding passes and **AFTER** receiving proof of dissemination activities carried out maximum 1 month after the training course.



CONDITIONS FOR REIMBURSEMENT

The maximum amount for travel costs is:

Greece, Serbia, Italy, Slovakia & Estonia: 395 €

Portugal & Spain: 210€ (Green travel: bus or train) or 180€ (Plane)

Slovenia: 309 €

1. Arrange all your travel in advance based on **economy class tickets** and plan the **cheapest route possible**. We can only reimburse **public transportation** (bus, train, metro, ...)
2. If you have any doubt about your travelling plans, please contact your sending coordinator or the hosting team **BEFORE** booking tickets.
3. Participants can travel maximum 1 day before and 1 day after the official start and end of the project. **During that extra time**, all the expenses (food, accommodation, local transportation, etc.) will be NOT covered/provided.
4. Insurances and commissions of intermediary companies (i.e.: Omio) are non-refundable.

IMPORTANT ANNOUNCEMENT!

PLEASE REMEMBER TO BRING THE ORIGINAL TICKETS AND INVOICES WITH YOU. WE WILL NOT BE ABLE TO REIMBURSE YOU WITHOUT THEM.



If you get your boarding pass in a digital way, remember to capture a screenshot from the app, as it would disappear after your trip.

PRACTICALITIES

PARTICIPATION FEE

There will be a **30€ participation fee** to be brought in cash at the beginning of the project. The money will be spent on the benefit of the activity to provide extra materials, activities and more fun times.



INSURANCE

It is mandatory to have a **valid travel and medical insurance** (i.e. European Health Insurance Card) during your travel. The host organisation will not cover any personal health costs. If you need help with this matter, please contact your sending organisation.



FOOD & DRINKS

During the project, exclusively **vegetarian/vegan** food will be served. The consumption of any type of **alcoholic** beverage will **not be allowed** in the accomodation.



CULTURAL NIGHTS

During the week we will be able to discover one another's cultures and national delicacies. One of the first nights, we will arrange, all together, an intercultural dinner with food and non-alcoholics drinks from the different partner countries. Also, would be nice to share songs, dances, stories or whatever you would like.



THE WEATHER

One of the most precious mysteries in Galicia, since you can never be sure of what the day will look like! Generally, we can expect an average temperature of 12 C° for March. During the day we could get as warm as 15 C°, but evenings will be definitely fresh with 5 C°.

We advise you to grab some warm clothes and to have a raincoat always with you.



CHECKLIST AND CONTACTS



Are you already Interested? **Fill in the application** form and send it to your sending coordinator.

If you have been selected to participate, create your travel plan, send it to us (ana.delvalle@ticket2europe.eu) and wait for confirmation before buying tickets.

Once you have tickets, send all travel confirmations to:
ana.delvalle@ticket2europe.eu

After selection, we will invite you to join the project's official Facebook group to make communication a lot easier.

READY TO FLY?

DO NOT FORGET

- Brief presentation of your organization and your country/culture.
- Traditional food/non alcoholic drinks for the cultural night.
- Your passion items.
- Comfortable/sporty clothes.
- Special personal items (hair dryer, flip flops, medicine...)

CONTACT US

ana.delvalle@ticket2europe.eu

OR FIND US HERE:



[Instagram.com/Ticket2Europe](https://www.instagram.com/Ticket2Europe)



[Facebook.com/Ticket2Europe](https://www.facebook.com/Ticket2Europe)



Ticket2Europe.eu



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